## References


Ellis, S., Harris, J. D., Flemming, D. P., Ellis, T. J., & Kollmorgen, R. C. (2023). Addition of Pericapsular Nerve Group and Transversus Abdominis Plane Blocks Significantly Reduces Opioid Use in Patients Undergoing Concomitant Hip Arthroscopy and Periacetabular Osteotomy. *Cureus*, *15*(1), e33277. https://doi.org/10.7759/cureus.33277

Eppel, B., Schneider, M. M., Gebhardt, S., Balcarek, P., Sobau, C., Matos, J. W., & Zimmerer, A. (2024). Pericapsular Nerve Group Block Leads to Small but Consistent Reductions in Pain Between 18 and 24 Hours Postoperatively in Hip Arthroscopy for Femoroacetabular Impingement Surgery: A Prospective, Randomized Controlled Clinical Trial. *Arthroscopy*, *40*(2), 373–380. https://doi.org/10.1016/j.arthro.2023.06.016

Fergoso, G., Wang, A., Tseng, K., & Wang, J. (2019). Transition from Acute to Chronic Pain:Evaluating Risk for Chronic Postsurgical Pain. *Pain Physician*, *5*(22;5), 479–488. https://doi.org/10.36076/ppj/2019.22.479

*Frameworks*. (2024). https://umbnursing.softchalkcloud.com/lesson/serve/PGdKxrlbAMptf3/html

Haefeli, M., & Elfering, A. (2006). Pain assessment. *European Spine Journal*, *15*(Suppl 1), S17–S24. https://doi.org/10.1007/s00586-005-1044-x

Jogie, J., & Jogie, J. A. (2023). A Comprehensive Review on the Efficacy of Nerve Blocks in Reducing Postoperative Anesthetic and Analgesic

Requirements. *Cureus*, *15*(5), e38552. https://doi.org/10.7759/cureus.38552

Karcioglu, O., Topacoglu, H., Dikme, O., & Dikme, O. (2018). A systematic review of the pain scales in adults: Which to use? *The American Journal of Emergency Medicine*, *36*(4), 707–714. https://doi.org/10.1016/j.ajem.2018.01.008

Kitson, A., Harvey, G., & McCormack, B. (1998). Enabling the implementation of evidence based practice: A conceptual framework. *BMJ Quality & Safety*, *7*(3), 149–158. https://doi.org/10.1136/qshc.7.3.149

Kollmorgen, R., Umerani, M., Gollon, J., Fleming, D., Lewis, B., Harris, J., & Ellis, T. (2022). Preoperative Pericapsular Nerve Group Block Results in Less Pain, Decreased Narcotic Use, and Quicker Discharge Time Than No Block in Patients Who Were Surgically Treated for Femoroacetabular Impingement Syndrome. *Arthroscopy, Sports Medicine, and Rehabilitation*, *4*(5), e1617–e1621. https://doi.org/10.1016/j.asmr.2022.06.004

McCormack, B., McCarthy, G., Wright, J., & Coffey, A. (2009). Development and Testing of the Context Assessment Index (CAI). *Worldviews on Evidence-Based Nursing*, *6*(1), 27–35. https://doi.org/10.1111/j.1741-6787.2008.00130.x

Noaman, S. S., Abdallah, E. S., Elsawy, S. M. A., EL-Radi, M. A., & Kamel, M. M. (2023). The Efficacy of Pericapsular Nerve Group Block Versus

Facia Iliaca Block on Immediate Postoperative Pain and Opioid Consumption After Hip Arthroscopy Randomized Trial. *Pain Physician*.

*Numeric Pain Rating Scale*. (2024). Physiopedia. https://www.physiopedia.com/Numeric_Pain_Rating_Scale

*PARiHS framework*. (2024). https://www.nccmt.ca/knowledge-repositories/search/85

Scanaliato, J. P., Christensen, D., Polmear, M. M., Salfiti, C., Gaspar, P. S., & Wolff, A. B. (2020). Prospective Single-Blinded Randomized Controlled Trial Comparing Pericapsular Injection Versus Lumbar Plexus Peripheral Nerve Block for Hip Arthroscopy. *The American Journal of Sports Medicine*, *48*(11), 2740–2746. https://doi.org/10.1177/0363546520943580

Widmeyer, J. R., Satalich, J., Protzuk, O., Hampton, H., Torre, M., Brusilovsky, I., Vap, A., & O'Connell, R. (2023). A Novel Approach to Improving Post-Operative Pain and Minimizing Opioid Consumption After a Hip Arthroscopy. *Orthopedic Reviews*, *15*, 74257. https://doi.org/10.52965/001c.74257

Yusupov, A., Fasulo, S. M., Castrodad, I. M. D., Kraeutler, M. J., & Scillia, A. J. (2023). Improved Pain and Perioperative Outcomes After Hip Arthroscopy With the Pericapsular Nerve Group Block. *Arthroscopy*, *39*(2), 293–297. https://doi.org/10.1016/j.arthro.2022.08.036